KINGAROY STATE HIGH SCHOOL
NEWSLETTER

This Newsletter has been made possible through the generous support of the businesses shown on the back cover and is a co-operative School Community effort.

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Friday September 19, 2014

Newsletter No 15
Principal
Deputy Principal – Curriculum
HR & Student Timetabling
Assistants to the Principal

Helen Maudsley (Acting)
Robyn Ferling (Acting)
Lloyd Fairbairn
Pauline Peters (Acting), Eddie Groom (Acting)

EVERY DAY COUNTS - ACTIVE PARTICIPATION EVERY CLASS

STUDENTS

Congratulations to all Year 12’s with whom I have had an interview over the past couple of weeks. Not only were the chats about each student’s future, present marks, study habits and various aspirations really interesting and insightful, it was excellent to see the initiative and organisational skills of most when they needed to re-schedule their meeting due to prior commitments. Thank you especially to the students who gave us some feedback on the information processes that we use to inform students and parents about subject selections, Ops, QCE, traineeships and university options. We will certainly be adopting some refreshed ideas for the current Year 10 cohort.

Earlier this week we had 72 students represent South Burnett at the Wide Bay track and field titles. It was again pleasing to hear positive feedback about the Kingaroy High students who not only competed to the best of their ability but were also excellent ambassadors for their family and school by assisting other students when needed and for their general behaviour and conduct.

STAFFING

We wish Year 8 Coordinator and Business teacher, Mrs Melissa Kempson, all the best for some extended leave in early Term 4. In addition, our congratulations go to Year 8 Coordinator Mr Peter Collins and Alyce on their impending marriage. Mr Collins will return in Week 2. Also enjoying an extended break is Science Assistant, Mr Phil Coughlan.

In other staffing changes, Mr Eddie Groom will return to Year 10 Coordinator after filling in for Mr Scott Dempster for the past two terms. Thank you to Mr Groom for your excellent work as ATTP, and to Mr Dave Hill who has taken on the year 10 Year Level Coordinator role for the last two terms, as well.

TEACHING AND LEARNING AND DISCIPLINE AUDITS

Last week we welcomed three auditors into the school to have a thorough look at our teaching, learning and discipline processes at Kingaroy High. This is an excellent opportunity for our processes, procedures and policies to be looked at, and to measure them against the practical realities of what is happening every day. The aim is to see what is working well and also to plan to improve areas that need changes. I thank all staff, students and parents who contributed to this review so that we can continue to improve. Each of the criteria on the final report is rated from Outstanding to High to Medium and Low.

It is pleasing that the majority of Kingaroy High’s results are in the ‘High’ category. However, whilst this is a very strong result, there is work to be done, and staff have already begun this important work. The report will be made public shortly.

SPEECH NIGHT 2014

In Week 2 next term (Thursday 16 October) we will celebrate the academic achievements of our students with the Annual Speech Night. Starting at 7pm at the Kingaroy Town Hall, our Guest Speaker, Mr Andrew Butwell, recently named Queensland Father of the Year, will address our students, parents, staff and community members. It is exciting to welcome back a “former Kingaroy boy” who has excelled in his career, as a father and particularly when faced with adversity, in both areas. We invite all parents, students and interested community members to hear the words of Mr Butwell, and celebrate our students’ achievements.

2015 STATE NETBALL CHAMPIONSHIPS

From May 7-10, 2015, Kingaroy High will be hosting the Queensland School Sport – Netball 15 and Under and Under 19 State Championships. We will be working with the Kingaroy Netball Association to host the four day championships that will bring 240 players, over 60 adult officials and 25 student umpires from across every region in Queensland. At this stage the organising committee is looking for some help with billeting players, with assistance for running the canteen, acquiring tents, portable toilets, sponsorship and general help during the championships. There will be more information as this year progresses.

ARTS WEEK

In the first week back in Term 4 we will be celebrating Arts Week. There are so many talented students in our midst and I look forward to seeing the Dance Showcase on October 9 as well as Art Exhibition on October 10. It would be great to have as many parents and community members join us for both nights, so mark those dates in your diary!

JUNIOR SECONDARY

As our Year 7 Coordinator has detailed later in this newsletter, there is a lot of work continuing in the Junior Secondary domain. On Wednesday night it was great to meet so many of our Year 6 and 7 families at the Parent Information Night. For those parents who were unable to attend there will be another year 7 and 8 Parent Information Night on November 26 in the new building.

All students should have (or soon will have) information about transition sessions. These details are being sent to all the feeder schools, but parents of students who may be considering enrolling at Kingaroy High who are not attending a feeder school will need to contact Kingaroy High to get the information sent to them. There are separate sessions, as well as some combined sessions for Year 6 and 7, and across schools, as well as Special Needs students’ sessions.
Progress on the junior secondary building is being made, with much of Level 1 completed except ceilings and floor coverings. As reflected in the photos, the walkways and other linkages are moving well. By the beginning of November the furniture will be delivered, then in December, other equipment, and in January some of the Information Technology needs.

Thankyou to those who attended the Parent Night on Tuesday. It was great to see so many attendees, who asked many questions regarding the subject content or skills.

All Year 8 students received the subject handbook at the Parent Night. (If not, please collect a book from the Administration Office.) Read this carefully. Students will choose subjects in Week 4 of next term. More information about this process will be available in the new term. Between now and then, please work with your child to decide which subjects your child would most like to study in Year 9 and 10. At times we are not able to run all electives if an insufficient number of students select them. Therefore, choosing the full number of preferences when the time comes is crucial, as we will try to run each subject at least once in Year 9 or 10. Please contact the Heads of Departments at the school if you have any questions regarding the subject content or skills.

Robyn Ferling, Deputy Principal – Curriculum

YEAR 10 NEWS

Firstly, a big thank-you to the parents who attended the information night last week, we hope you found it valuable. Please continue to be actively involved in your child’s subject selections for next year and encourage them to make informed decisions by speaking to teachers and HODs. Whilst slightly later this term, the following students are acknowledged for their perfect attendance in Term 2: Aleixandra Almond, Katie Barnes, Eli Bunyong, Taylah Curley, Brandy George, Natalie Labuschewski, Anthea Ma, Nicole McBride, Sarah McBride, Grant Murray, Dylan Nichol, Leilani Riedy, Lauren Schlegler, Brook Steinhardt, Layla Thierauf, Jordan Woods, and Jessica Wyles. These students will receive 100 Vivo points and a certificate for their fantastic efforts. Please ensure your child is here every day.

As you know by now the Year 10 Transition Night is on the 8th December. The change in date this year ensures that the night does not distract from their important studies and gives students an opportunity to celebrate their hard work once the year is over. We still hope to see as many of you there as possible.

For next term please ensure your student has the correct uniform including blue or grey socks and ideally a formal shirt ready to go, to avoid any unnecessary distractions to their learning. As always thank-you to the parents and students constantly following the uniform policy. Your support is greatly appreciated.

We look forward to a productive and rewarding Term 4.

Year 10 Coordinators

YEAR 11 NEWS

Since the conclusion of Leadership Day, students have been busy caching up with teachers and getting their Leadership Applications filled out and returned to me. It was pleasing to see the number of students who got their applications completed and handed to me on time.

Last week, I, the Assistants to the Principal, and HODs conducted interviews with the leadership certificate applicants. We interviewed each student and approved all candidates who adequately suited the leadership criteria. Again, I must thank the HODs and ATTPs for their help with this as it was quite a lengthy process.

I officially opened nominations for School Captains at the start of this week and it remains open until this afternoon. The nominees were instructed to see me in H Block staff room to nominate personally. All nominees will have the two week break to prepare their 3 minute leadership speech and practise. They will present their leadership speech in front of the Year 11 cohort during Week 1 of next term in their Form and Life Skills lesson. All Year 11’s will attend and watch the interviews in the school Assembly Hall. Students who attended the Leadership Day will be required to vote at lunch time on the same day.

Thankyou to those who attended the Parent Night on Tuesday. It was well attended and the support parents are giving to their children and the school is commendable. Many questions were asked about subject specific information and it is important to continue to seek information and follow the processes to give your child a chance to experience as many different subjects as possible.

Year 9s have already chosen their subjects for Year 10. This was done on the pink form last year. The subjects you have been allocated were sent home last year with the allocated Year 9 choices and will be sent home again with your student towards the end of Term 4. Your preferences of best fit are taken into consideration. Students need to commit to these subjects with the intent of deciding that the subject is something that they would definitely like to study in the Senior years, or that they would not like to study in the Senior years. Both of these decisions are equally valuable.

We pride ourselves in giving students the opportunity to experience the electives. Not all schools give this opportunity. It is a chance to assist with choosing or ruling out subjects for Year 11 and 12. Not experiencing an elective does not eliminate you from choosing the subject for year 11 and 12 as NO subject, except Japanese is a prerequisite. Therefore, if a student is considering studying Japanese in Year 11 & 12, they must study it for the full year in both Year 9 & 10.

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Helen Maudsley, Acting Principal

SUBJECTS - YR 9 & 10 FOR 2015

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It’s an exciting few weeks ahead with the School Captains being announced at our annual Speech Night next term. Stay tuned for more leadership selection information.

Matt Langford, Year 11 COORDINATOR (mlang72@eq.edu.au)

YEAR 12 NEWS
On Thursday, students with an attendance of 93% or higher received their invitation to the Formal. A reminder that invitations are for parents/primary caregivers, not friends/boyfriends/girlfriends etc. As students have been reminded several times and, given attendance percentages a number of times throughout the year, hopefully there were not be any surprises. If your student did not receive an invitation, I would encourage them to be at school every day possible to boost their percentage and hopefully meet that expectation. A reminder that QTAC applications should be being considered and submitted soon - check the Year 12 Newsletter for key dates and remember Guidance Officers have offered assistance if necessary. There are also a number of students who should seek Guidance Officer assistance with regards to other pathways for 2015. The Canberra Ski Trip departs this week. I hope those attending have a wonderful (and safe) break - or perhaps I should reword that - holiday. See ALL Year 12’s back next term for the final leg of their schooling journey.

Wendy Corstiaans, Year 12 COORDINATOR

YEAR 9 NEWS
Year 9s have been experiencing a busy final part of the term, with assessment across all classes. One of these subjects, Health and Nutrition, has been completing its cooking assessment. Mrs Want’s class made different types of sandwiches and burgers from scratch, with some impressive results (see Aidan Musch (left) & Yoko Henderson’s efforts below).

In Vivo points, Mrs Litso’s 9G is on 1695, only just ahead of Miss Charlton’s 9I on 1617. Mrs Hutton’s 9A (1471) and Mrs Burton’s 9C (1266) are also getting close. Keep checking Vivo points, and keep asking your teachers to reward you for them, Year Nines!

Our Year 8 into 9 and 9 into 10 Parent Night was held on Tuesday night, with many interested parents attending for the chance to find out about curriculum choices, changing expectations as students move closer to the senior secondary school, and to speak one-on-one to Heads of Department and the Admin. team on any topics that were of concern. Much of this information is now on our school website, or Facebook page. We can also be contacted on the usual numbers.

Have a refreshing vacation!

Michael Stevens & Nerissa Maudsley, Year 9 COORDINATORS

YEAR 8 NEWS – STUDENT OF THE TERM
Last week witnessed the final round of the Year 8 Inter-House Sporting Carnival. All up the sports of futsal, netball, volleyball and basketball were played in a round robin competition spread over four Monday Lunch times. It was interesting to see that every house seemed to be successful at one sport but not all four, thus spreading the points out and making for a tight competition. A big thanks to the senior students and staff members who helped out with the refereeing. These teachers and students also added their votes for the House that displayed both ‘Fair-Play’ and ‘Good Sportsmanship’. These extra points went towards the points totals and also, in the end, determined the winning House. Also a big congratulations to all students who got involved. It was good to see that some students had a go at new sports which they didn’t even know the rules for but tried their best anyway. Likewise, to those students who, whilst playing, assisted in helping others with the rules and strategies to playing that particular sport. And now what I’m sure you have all been reading and waiting for... the winning House... was Youngman! Well done to those students and all students who participated.

Get set for Term 4 when the Year 8’s take on the Year 9’s across a range of sports chosen by the students.

In addition a side note for parents regarding uniform; on Tuesdays (our schools formal/assembly day) students are to wear their formal uniform which incorporates the blue button up shirt with grey socks for boys and blue socks for girls and either navy shorts or for girls the choice between navy shorts or skirt. Note: This uniform may be worn on other days but Tuesday it is expected. Any concerns please ask.

Peter Collins & Melissa Kempson, Year 8 COORDINATORS

NATIONAL YOUTH SCIENCE FORUM & CONOCOPHILLIPS SCIENCE EXPERIENCE
Congratulations to Year 11 student Daniel Lawson who recently was selected to attend the National Youth Science Forum (NYSF). Selection is very competitive with 4 applicants for every available position. The selection is carried out by a series of panel interviews at local and regional level. The NYSF runs for a week in January and is a fabulous event where students meet scientists, carry out lots of hands on activities, visit industry and meet lots of like-minded students.

Students in Years 9 and 10 who are interested in science, may like to participate in the ConocoPhillips Science Experience. This experience gives students a taste of science at university over a period of 3 or 4 days. It is an excellent program and costs $115.00 for the three day program and $150.00 for the 4 day program. For more information visit www.scienceexperience.com.au.

Steven Langton, HOD SCIENCE

10 LEGAL STUDIES EXCURSION

The Year Ten Legal Studies class was lucky enough to visit the Kingaroy Police Station, Watch House and Court House on Monday, 15th September. We were shown around the precinct by Sergeant Brad Johannessen, and were able to see first-hand where suspects are interviewed, and other interesting things like the bulletproof vests used at hearings, assisted in helping others with the rules and strategies to playing that particular sport. And now what I’m sure you have all been reading and waiting for... the winning House... was Youngman! Well done to those students and all students who participated.

Jane Iszlaub, Jane Iszlaub, Jane Iszlaub, Jane Iszlaub, Jane Iszlaub, Jane Iszlaub, Jane Iszlaub

WIND ENSEMBLE FORGES AHEAD TOWARDS COMPETITION

With the Prestige Musicfest Competition only three rehearsals away, the Kingaroy State High School Wind Ensemble members are working hard to perfect the challenging Set Piece, “Forge Ahead”, and I am happy to report that the improvement at last week’s rehearsal was very pleasing. The young performers will have an early start on Monday 20 October, leaving Kingaroy at 6am to travel to Sheldon College, where they will have a workshop with Mr Russell Bauer. Mr Bauer is a past-student and past-Instrumental Music Teacher of our school, and is looking forward to hearing the sounds of students from his home town. Subsequently, they will travel to Capalaba Central to do some shopping before performing three works at the Musicfest Competition at Iona College: “Forge Ahead”, “How to Train Your Dragon”, and an arrangement of the beautiful Psalm 42.

Wind Ensemble parents and carers should have received a copy of the Musicfest Excursion permission/medical form, and are asked to return it to the main office as soon as possible.

Jane Iszlaub, REGIONAL INSTRUMENTAL MUSIC TEACHER
Adolescent drinking is known to be associated with a wide range of later harms in early adulthood including injury, sexually-transmitted diseases, adult alcohol dependence, and changes in brain function. Read full article at: http://ndarc.med.unsw.edu.au

**JUNIOR SECONDARY NEWS**

**Junior Leaders:** Year 8 students are currently in the process of completing nomination forms for the election of our Junior Leaders for 2015. Nominees met with members of Admin this week to discuss the responsibility of taking on a leadership role.

Election speeches are presented to the Year 8 cohort during the Lifeskills lesson on the first Tuesday back after the September holidays. Voting will take place in Week 2 and will be as true-to-life as possible. Results of the election will be announced at Speech Night, along with other elected leadership positions.

Congratulations to the large group of Year 8s who have collected nomination forms and it’s inspiring to see it almost evenly split between boys and girls. Please talk with your son or daughter about this important leadership process- the responsibility for those voting is certainly worth reinforcing.

**Year 6-7, 7-8 Transition:** This week our first parent information evening for parents and students transitioning to Year 7 and Year 8 next year was held. Term 4 involves the important program of transition visits by our two new cohorts, with special attention being given to students with identified needs and those from our smaller schools. There will be a second parent information evening in Term 4 on Tuesday 26th November. Please note also that enrolment interviews with members of the Administration staff for these two groups will take place from Monday 10th November. Appointments for these can be made with the KSHS office from Monday 6th November.

I encourage parents to check the KSHS website and copies of the Junior Secondary newsletter that was sent out to all Year 6 and 7 students last week.

**Date Claimers**
- Mon 3 Nov to Friday 7 November: Appointments taken for enrolment interviews
- Monday 10 November: Enrolment Interviews begin
- Wed 26 November, 7:00pm: Parent Information Evening

**YEAR 12 MAJOR PRODUCTION**

For the past seven weeks, the Year 12 Drama class has been preparing for their last public performance on 12th September, presenting “Wolf Lullaby” by Hilary Bell. As a class, we gave up multiple lunch times, afternoons and weekends to ensure we were successful in performing the play. Overall we learnt the craftsmanship of performance to present a realistic Australian play and further improved our presenting skills in front of a much needed audience. The class is overjoyed with satisfaction at their overall effort and success on Friday night. This class strongly recommends and encourages students to undertake Drama to learn about multiple performance conventions in all mediums and the value of effective team work.

Furthermore, Mrs Harch would like to add, that she was and is extremely proud of this class and their hard work and dedication. They were a pleasure to direct and handled the tasks thrown their way with maturity and enthusiasm. It has been lovely to watch the way they have worked together to create a show they could truly be proud of.

**ENVIRONMENTAL FACT**

Purchase greeting cards made from recycled or tree-free materials. Australians send two billion holiday cards each year, so just a 1 percent reduction could save fifteen thousand trees.

Rachel Harch, Drama Teacher

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**KSHS FELINE TALENT**

Over the past 6 months 21 current Kingaroy SHS students and 3 teachers, as well as numerous past KSHS students, have been heavily involved in the local South Burnett Musical Comedy Society production of Cats. This production which included 48 performers culminated in 6 performances at the Kingaroy Town Hall and one performance at the Brolga Theatre in Maryborough.

Our students gained experience in singing, dancing and acting as well as learning about technical aspects of the production. We had students involved in all facets of the production, not only on stage but also helping with set design and construction, backstage and in the sound and lighting crew. KSHS should be proud of the involvement and maturity of the students that were involved in this community production. Their growth crew. KSHS should be proud of the involvement and maturity of the


Sue Dowideit-Reiger & Craig Reiger, Director CATS (SBMCS)

**HINTS & TIPS FOR USING SOCIAL MEDIA**

- Before you post something online, ask yourself if the community or individual really need to know. Is it relevant, positive and helpful?
- Remember that what you post online is a direct reflection of who you are. People will potentially form lasting opinions of you based on what you post online.

**PARENTS MAY BE PUTTING THEIR CHILDREN ON A PATH TO DRINKING**

By Marion Downey

Teenagers whose parents supply alcohol in early adolescence are three times as likely to be drinking full serves of alcohol at age 16 as children in families that do not supply alcohol, a major new study from the National Drug and Alcohol Research Centre at UNSW Australia has found.

The study found that early parental supply of alcohol through school Years 7 to 9 was the single biggest predictor of drinking in year 10. It was more influential than family circumstances and issues; more influential than individual psychological risk factors and more influential than peers.

The results showed that contrary to opinion among many parents, supplying children with alcohol does not moderate their drinking. Adolescent drinking is known to be associated with a wide range of later
JAPANESE CULTURAL EXCHANGE DAY

On Thursday 4th September Callum Manby, Amy Kempson and Jordon Young along with Miss Newton and I visited Kumbia State School for a Japanese Cultural Exchange Day. Students at Kumbia are currently studying Japanese via Distance Education and this was a great opportunity for some former students of Kumbia SS to return to their primary school and be involved with their Japanese studies. Students were able to participate in a range of activities from cooking, calligraphy, traditional Japanese games and origami. It was a fantastic opportunity for students that are coming to the high school next year to ask a range of questions about high school and also to explore Japanese culture. It was a great day and we would like to thank Mr Deards and Mrs Coward from Kumbia SS for their assistance in making the day a great success.

Megan Tress, JAPANESE TEACHER

Ag Produce for Sale at the Avoca Street Bus Turnaround

Q. What is the difference between picking up students from school and picking up vegetables from high school?

A. There is no difference at all!

You can kill two birds with one stone. While you are waiting for your students to finish class, stroll through our KSHS veggie garden (off the Avoca Street cul-de-sac), between 2:45 and 3:30pm, and purchase some of our student-grown produce. It doesn't get any fresher, and you won't find veggies much tastier.

Sean Wicks, AG TEACHER

FROM THE CHAPLAIN

Spring in the Square: Last Saturday we had Spring in the Square at O'Neil Square in Kingaroy, which was kindly organised by Sandy Parker as a fundraiser for the three school chaplaincies in Kingaroy. Member for Nanango, Deb Frecklington, opened the function and Heidi Westbrook a school chaplain from Western Queensland gave an inspiring message. Afternoon tea was enjoyed by many while listening to the fabulous singing of Lloyd Back. There was an auction run by Dennis Cotter, of a large number of items generously provided by local businesses and community members.

A huge debt of thanks must go to Sandy Parker for her support of Chaplaincy and for the time and effort she put in to make this day happen. Also thanks to Deb Fecklington, Heidi Westbrook, Dennis Cotter, Lloyd Back, the Quota Ladies, the church families, local businesses and the workers for the various chaplaincies who all gave of their time, effort and money to support chaplaincy in our schools.

Operation Christmas Child: It has been great to have classes and students bringing in Operation Christmas Child boxes, many of which have been full to overflowing as givers have tried to fit in as many gifts as possible for the children who will receive them. Well done to all those who have been involved.

40hour Famine: Thank you to Annika Hicks for the amazing work she has put into organising the 40hour Famine. The students have raised well over $3000. Well done!!

I pray that you all have a time of fun and refreshment over the holiday break.

Serve him completely and willingly, because the Lord knows what is in everyone’s mind. He understands everything you think. If you go to him for help, you will get an answer. 1 Chronicles 28: 9

Ruth Wright, CHAPLAIN 41600 686

FROM THE G.O. - DATES TO REMEMBER

AUTOMOTIVE, TECHNICAL & PARTS APPRENTICESHIPS - Applications are being sought from students that are interested in joining the automotive industry through the Modern Apprenticeship Programme. Students who are selected will be placed at a dealer for full time employment. Further information www.vantageautomotive.com

2015 UQ Enhanced Studies Program provides talented students with an opportunity to extend their studies by completing a university subject in the 1st semester of Year 12. Further information www.uq.edu.au/esp

APPLICATIONS CLOSE 31 October, 2014

SUPPORTING WOMEN’S SCHOLARSHIPS- for females who are commencing study in 2015 at a QLD university and are pursuing study and employment in a traditionally male dominated field and skill shortage areas. To see eligible fields of study and further information go to www.supportingwomen.qld.gov.au APPLICATIONS CLOSE: 10 October, 2014

UQ Sporting Scholarships- UQ offers various sporting scholarships. Applications are now open. For further information please visit: www.uqsport.com.au/content/uq-sporting-scholarships

VTAC Special Entry Access Scheme (SEAS)- Student applications from Kingaroy High School are automatically eligible to be considered for admission to Monash under. The Monash Guarantee - an access program that provides guaranteed entry to many Monash undergraduate courses; Special Entry Access Scheme (SEAS) a scheme that provides special consideration in admission to all Monash undergraduate courses. Further information www.monash.edu/access

Mandy Camfermann & Rebecca Zischke, GUIDANCE OFFICERS

KINGAROY STATE HIGH SCHOOL

Fifty-Seventh Annual Speech Night

KIngaroy Town Hall

7.00pm, Thursday, 16 October 2014

Guest Speaker, Mr Andrew Butwell, 2014 Queensland Father of the Year and KSHS past student

Highlights of the night will include the presentation of Academic Awards, Service to the School and Community Awards and the naming of the Junior and Senior School Captains for 2015.

ALL WELCOME

CANTEEN ROSTER

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<td>Leanne Rubesaame</td>
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<td>FRI</td>
<td>17/10/14</td>
<td>Jacki irwin</td>
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If you are unable to work on your day, please try and swap with someone and let Lorraine know. If you can't swap ring Lorraine on 41608675 or a/h 41622264.

COMMUNITY ANNOUNCEMENTS

* FOR SALE: Size 20 KSHS School Blazer – Excellent Condition. Dry Cleaned. $120. Contact 0402383039.
* FOR SALE: 1 x Size 10 Women’s Wide Bay Athletics Singlet (not crop top). Phone: 41622749 or 0428622740.
* FOR SALE: Girls KSHS Uniforms: - 3 x Size 12 Shirt $5 each; 2 x XS Sports Shorts $5; 1 x Size 14 Formal Shirt $5each; 1 x Size 16 Jacket (soft cloth) $20; 1 x small Jacket (wet weather & fleecy inside) $35; 1 x Size 14 Polar Fleece $10. Phone 0423702891.
* FOR SALE: Second Hand Hospitality Shirt (Black with Red Collar; B&W Checks around collar and sleeves); Size Small LWR Brand. If interested please see Mrs Walker in Student Services.

- 5 -
FOR SALE: ‘SENIOR’ Polos - $20 each, as new, worn a few times only; Blue V Neck Pullover, worn once, $25; 2 pair blue Tuesday sock $5. Phone: 0402 122 926

UNIFORMS: 5 Size M Sr school polo shirts Good Condition $15 each; Call Kathy on 0438153860

UNIFORMS FOR SALE: Blazer Size 12 82cm $99 (Blazer bought new); Long Skirt Size 16 $25 (Skirt bought new); Spray Jacket (Small) $40; Formal Shirt Girls Size 10 $15. All in good condition. Contact: 0409275375.

FOR SALE – Hospitality Shirt Size S (never been worn). $25. Contact Kathy 0427691425

Kingaroy Swimming Club Inc.

SIGN ON
TUESDAY 7TH OCTOBER 5:45PM

FIRST CLUB NIGHT
TUESDAY 14TH OCTOBER 5:45 PM

- Children should be able to swim 25m Freestyle and Backstroke.
- Come and Try 2 x Swim Club Nights before signing on for the season.
- Get Started Vouchers are accepted.

For enquiries phone Krysty 0438 621 863

HIGH SCHOOL REUNION
AND PICNIC IN THE PARK
Reunion picnic for students from Kingaroy State School commencing 1946 to 1957
9am, 4 October, 2014
Kingaroy Memorial Park
Contact coralhartley@gmail.com or Shirley Baldock (Ferguson) 33240694

BIG SING
Are you a high school student who loves to sing? The SB CHORALE has a wonderful opportunity for 10 students to join us for a weekend of singing at next month’s BIG SING.

The BIG SING has on-going series of choral workshops, held over 3 days, where all participants learn to sing together in harmony under directorship of a trained and accomplished conductor. This year’s conductor is Peter Ingram and accompanist is Betty Birch

This year’s BIG SING is hosted by the SB Chorale at KINGAROY TOWN HALL on OCTOBER 3-5.
If interested please contact Roz Fisher on 0423 422 135

JANDOWAE 80’S FLASHBACK FUN RUN & OBSTACLE COURSE
Followed by Oktoberfest and Pig Races
JANDOWAE CHOWGROUNDS & RACE TRACK
Saturday 18 October, 2014 – from 1:30pm
In aid of Jandowae State School Chaplaincy and P & C Assoc
For more information email kellywaddell@bigpond.com or phone 0402 313 096

THE KINGAROY STATE HIGH SCHOOL P&C PRESENTS:
A Mental Health First Aid Workshop
WHEN: SAT 18TH & SUN 19TH OCTOBER 2014
TIME: 9am-5pm with lunch provided
WHERE: KSHS Community Centre Meeting Room R5

• What is Mental Health First Aid?
Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. Mental Health First Aid strategies are taught in this evidence-based training program & conducted by accredited MHFA Instructors Lynn Stuart & Rob Nielsen.
This 2-day course is particularly suitable for parents, carers, teachers, sports coaches & youth workers.

• Course Content
The MHFA course teaches adults how to assist young people who are developing a mental health problem or in a mental health crisis.
Developing mental health problems covered:
• Depression
• Anxiety Disorders
• Psychosis
• Substance misuse
Mental health crises covered:
• Self harm
• Panic attacks
• Traumatic events
• Severe psychotic states
• Acute effects from alcohol or other drug misuse
• Aggressive behaviours
Course Participants will learn about adolescent development & the signs & symptoms of mental health problems, where & how to get help & what sort of help has been shown by research to be effective. Participants will also receive a copy of the “Mental Health First Aid Manual” to keep & a “Certificate of Completion”.

FOR COURSE REGISTRATION & FURTHER INFORMATION:
Please contact KSHS School Based Youth Health Nurse Annette Montebello or KSHS School Development Officer Ros Dalton on: 4160 0666

Workshop generously supported by the South Burnett Mayor’s Community Benefit Fund.
### SUMMER MENU TERM 4 – 2014

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**MONDAY**

- Hamburger: 3.60
- Steakburger: 4.00

**TUESDAY**

- Sweet chilli chicken wraps: 3.50

**WEDNESDAY**

- Meatball Sub: 3.50
- Vege dim sims: 2.00

**THURSDAY**

- Pizza: 2.00

**FRIDAY**

- Chicken Burger: 3.50